

Do you suffer from **PORTION DISTORTION??**

We live in the land of gigantic food portions. From the enormous bowls of pasta and the big slabs of beef served in restaurants to plate-sized pizza slices and jumbo bags of chips and candy, it appears that the distortion of portion size is alive and well. Take this simple quiz to find out if you are one of the many Americans to suffer from *Portion Distortion*...

1. Do you Super-size your extra value meal?
2. Do you always finish all of your food at meal time?
3. Do you eat straight from the bag, package or box of bulk items?
4. Do you seldom have leftover to put aside for later meals or snacks?
5. Do you order portions based on value rather than desired amounts?
6. Have you been to a buffet within the last month? If so, did you go back for seconds?
7. Do you finish food your children do not eat because it is a "shame to waste it?"

If you answered "Yes" to most of these questions then you are likely suffering from portion distortion. This not only likely affects your waistline but also your children's short and long term eating habits. You are your children's role model and you need to teach them healthy habits including appropriate portion sizes. Here are some appropriate portion sizes of commonly eaten foods:

Pasta Serving = 1/2 of a cup
(size of a tennis ball cut in half)

Meat Serving = 3 oz. cooked
(size of a deck of cards)

Milk or Yogurt = 1 cup
(size of a typical yogurt container)

For more detailed information please visit: www.mypyramid.gov

May is ...

- Mental Health Awareness Month
- National Military Awareness Month
- May 5th is Cinco De Mayo
- May 10th is Mother's Day
- May 16th is Armed Forces Day
- May 25th is Memorial Day

June is...

- Dairy Month
- June 14th is Flag Day
- June 21th is Father's Day

Brain Buzz



Q: What's the big difference between skim milk and whole milk??



A: The major difference between different % fat milks is the amount of total fat, saturated fat, cholesterol and calories they contain. If your children are over 2 years of age they should be drinking a low fat milk variety.

Whole Milk - 150 Calories - 8g Fat
2% Milk - 120 Calories - 4.5g Fat
1% Milk - 100 Calories - 2.5g Fat
Skim Milk - 80 Calories - 0g Fat

Source: www.pediatrics.about.com

Recipe Corner *Apple Slices with Peanut Butter*



Quick, Easy, Fun and Tasty!

Ingredients:

- 2 apples
- 3-4 Tbsp. peanut butter, soy butter or chocolate soy butter
- 2 Tbsp. granola

Directions:

1. Wash and core apples
2. Slice cross wise into 1/4" slices
3. Spread nutbutter over apple slices
4. Sprinkle granola over top

Voila!! You have a healthy, quick, easy, fun and tasty treat that the whole family can enjoy!!

Prep Time: 5 minutes

MAKES 2 SERVING

Source:
www.kidscooking.about.com